



Chat RUOKlette

Want to help your team connect and have meaningful conversations in a stress-free environment? Organise a Chat RUOKlette for Rail R U OK?Day.

Chat RUOKlette is a virtual meeting, where colleagues can be randomly assigned to a chat with another workmate to help them get to know one another a little bit better.

This team building activity is great for larger teams where you want to build stronger relationships between people who may not regularly work together, but it can also be a great way to encourage smaller teams to connect.

HOW TO GET STARTED

Find out if your preferred chat or video conferencing platform has an auto-assign function that allows you to break attendees into smaller groups or pairs. If you don't have this functionality spend a few minutes assigning pairs, introducing them to each other and encouraging them to chat at the assigned time. Give each chat group a time limit, and away they go!

You can create a formal outline of things to discuss or let them decide the topics for conversation on their own. Either way, they're spending time chatting one-on-one with a colleague, which helps build a stronger connection.

Topics for conversation could include:

- How are you going today?
- How do you look after your mental health?
- What's the most interesting conversation you've ever had?
- What do you think makes someone a good workmate?
- Why do you think Rail R U OK?Day is important?

For a bit of extra fun, you can encourage the pairs to take a photo of their chat and share it with you. Photos can then be collated into an album or collage and shared with the organisation to showcase your efforts on Rail R U OK?Day.